

ABSTRACT OF THE DISCLOSURE

Flexible framing components for a building structure comprising a panel having at least one or more adjacent channels on one surface and flanges of various designs for insertion into the channels for forming various setbacks of up to five inches in one inch increments and for forming a window sill base. The method of framing windows and doors with such framing components eliminates air and water from penetrating wall cavities of a building and prevents the formation of mold and decay.